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Kinetic Kids

Traffic Safety Workbook

Book Two

Grade 2-3

Alberta
TRANSPORTATION
Traffic Safety Initiative

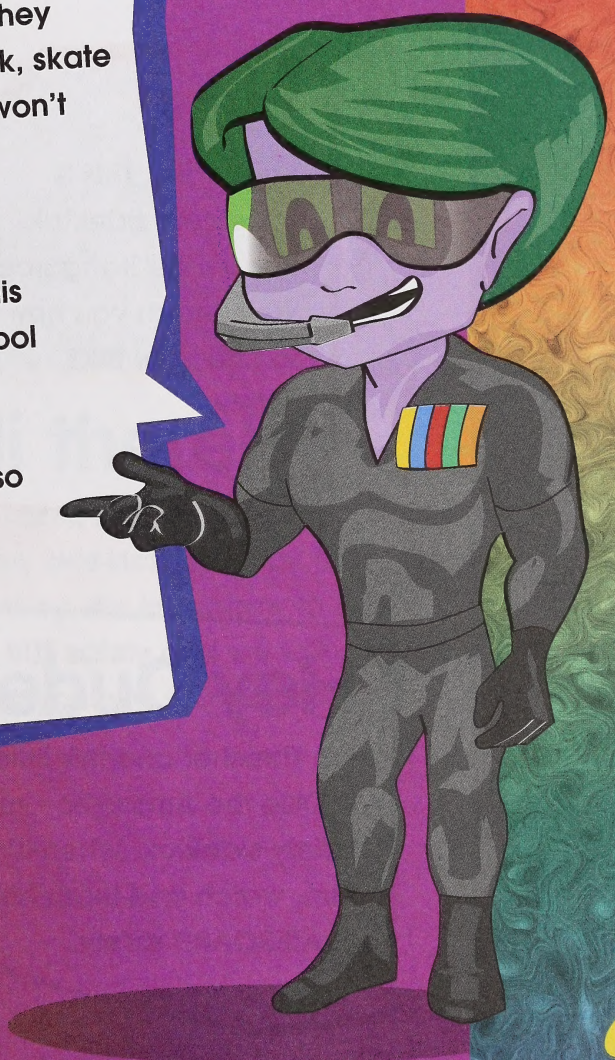
Here We Go!

Hello!

My name is Kip and I'm a Safety Agent. My friends are the Kinetic Kids. They help other kids learn how to walk, skate and ride around safely so they won't get hurt!

You can be a Safety Agent too! Do the puzzles and games in this book. Don't forget to use the cool cards and stickers!

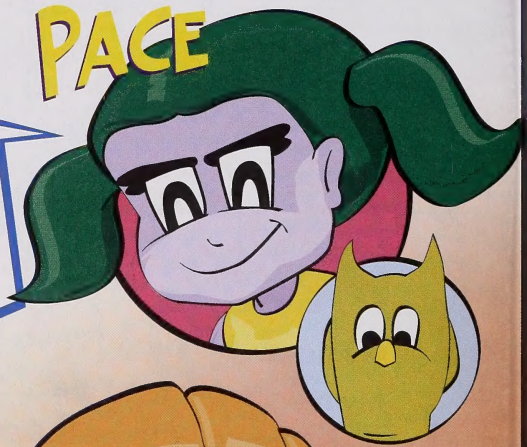
There are a lot of things to do so let's get your Safety Agent training started...



Let's meet The

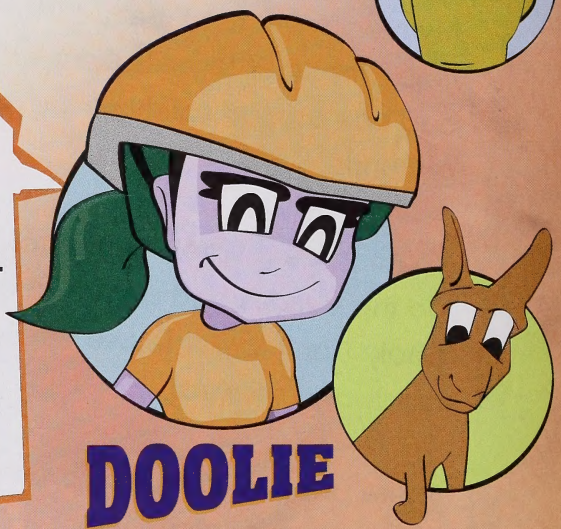
Hello!

My name is Pace. This is my safety sidekick Lookout the Owl. We'll teach you to WALK safely.



Hey!

I'm Doolie. This is my safety sidekick Pedals the Kangaroo. We'll teach you how to ride your BIKE safely.



Hey Dude!

I'm Thrasher and this little buddy is Ollie the Armadillo - my safety sidekick. When it's our turn, watch and learn how to SKATEBOARD safely.

Kinetic Kids!

Hi!

I'm Inline and Skoot the Turtle is my safety sidekick. We'll give you tips on how to IN-LINE SKATE safely.

Inline

Hi there!

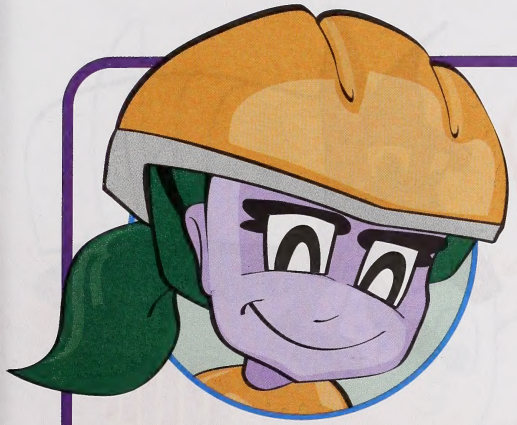
My name is Buster and my safety sidekick is Bumpy the Monkey. We know how to ride the BUS safely and we will show you how you can too!

Buster

Let's start your training!

Just like you, we have to get from our homes to our school. If we want to get there safe we need to think about SAFETY.

How do you get to school?



Doolie rides her bike.
Draw a picture of the
way you get to school.

Let's meet the

I wear my armour to remind you to wear your safety gear when you go skateboarding. Colour my armour RED.

Ollie

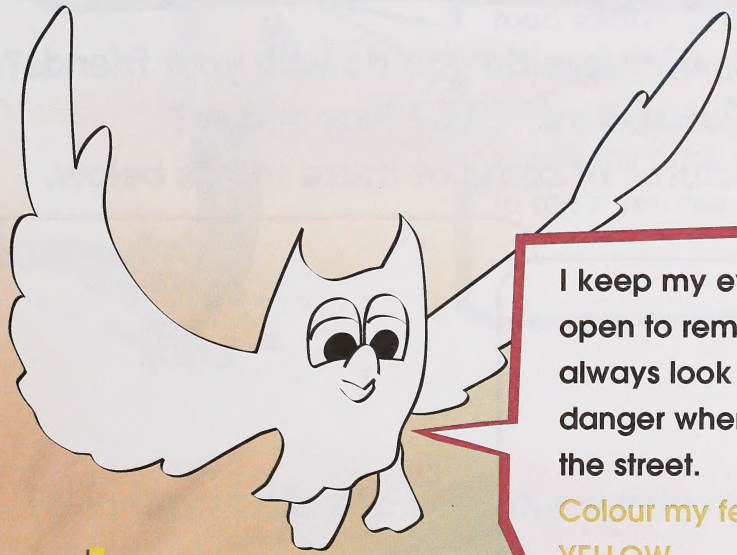
I'm here to remind you not to monkey around on the bus! Colour this banana YELLOW.

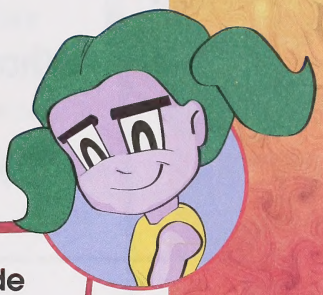
Bumpy

I wouldn't go anywhere without my shell - it protects me! So remember to put your helmet on before you go in-line skating. Colour my shell GREEN.

Skoot

trusty Sidekicks!





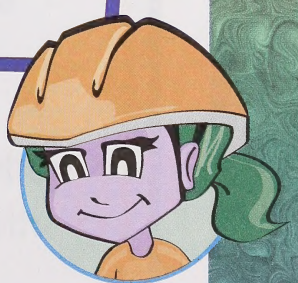
I keep my eyes wide open to remind you to always look out for danger when crossing the street.

Colour my feathers YELLOW.

Lookout

I love pedalling around. I'm here to help you ride right and remember: no helmet, no bike!

Colour the helmet on my head ORANGE.



Pedals

The safety sidekicks remind The Kinetic Kids to walk, skate and ride around safely.

What kinds of things do you do with your friends? Skateboard? Bike? Play soccer? Draw pictures of some of these things below.

Do you know how to cross the road safely? These puzzles will help you learn! When you think you have the answers, check the back of the book to see if you are right!

Fill in the words and read the safety message:

LOOK all four ways: left, right, ahead and then behind.

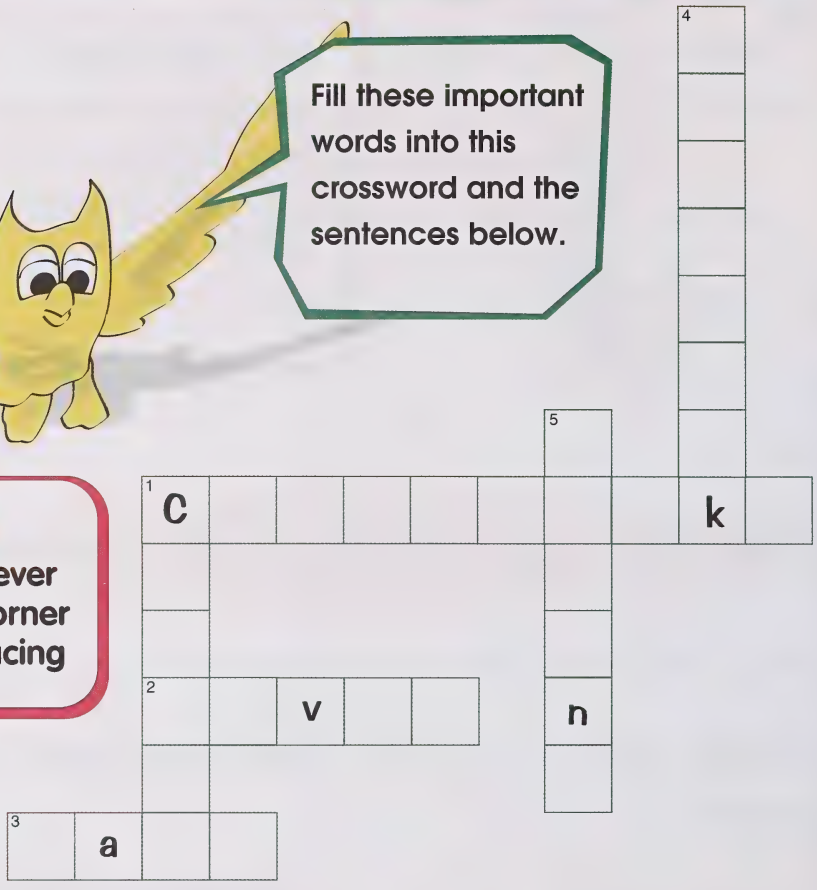
POINT your arm out to tell drivers you want to c _ _ _ s the road.

PAUSE until the c _ r _ _ stop. Look at the drivers' eyes to make sure they see you.

PROCEED with your arm still straight out when all the cars have stopped. Keep watching both sides of the r _ _ d for more cars.

A cross "walk" word puzzle.

Fill these important words into this crossword and the sentences below.



Wordbank

crosswalks	never
cars	corner
sidewalk	facing

Across:

1. Look for traffic safety signs and for **c** _ _ _ _ _ _ _ **k** _.
2. _ _ **v** _ _ cross in the middle of the road.
3. Watch for _ **a** _ _ and for people on bikes.

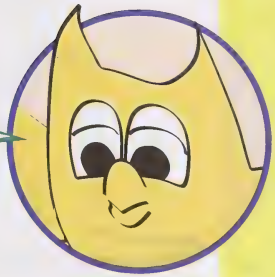
Down:

1. Cross the road at the **c** _ _ _ _ _ or at a crosswalk.
4. Walk on the _ _ _ _ _ _ _ **k**.
5. If there is no sidewalk, walk _ _ _ _ **n** _ traffic.

Picture It Perfect!

Cross driveways and alleys like any other road. Stop and look **LEFT, RIGHT, AHEAD** and **BEHIND** to make sure no cars are coming.

Keep looking while you are crossing.



Draw an arrow for each way Pace should look before crossing the road.

A tip from Lookout:
NEVER run out from between parked cars or buses.

Put these pictures in the right order.

She walks down the sidewalk.
STOP
Pace crosses the road, looking for cars.
STOP
She stops at the corner and waits for cars to stop.
Pace arrives at her friend's house.
Pace leaves her house.

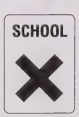
Be a Safety Agent

Find the Kinetic Kids card that has a picture of Pace and Lookout.

Take Pace's Shape Up Quiz

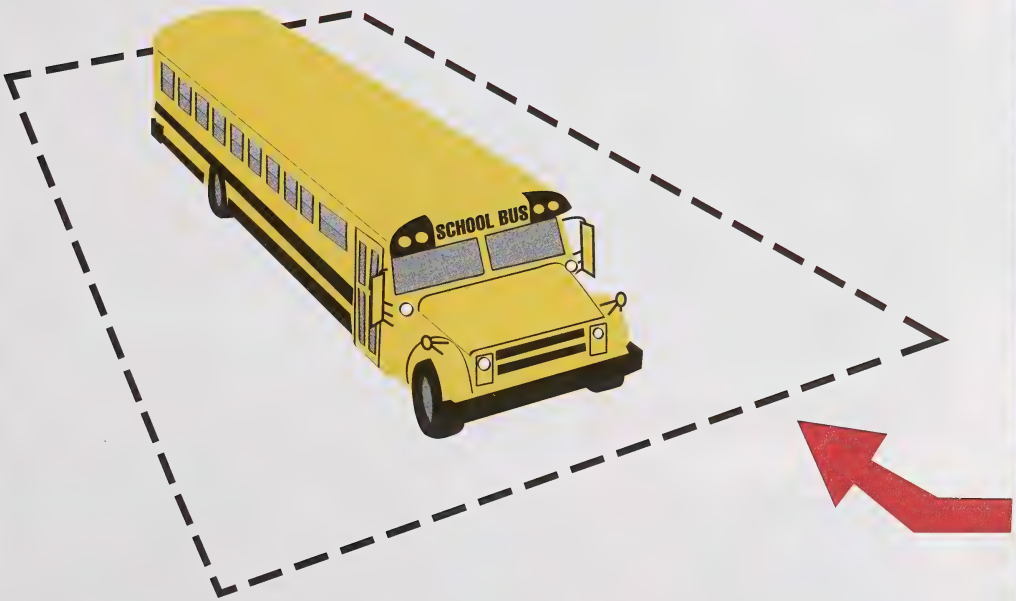
Draw a line from the word to the traffic sign it matches.

1. Stop sign
2. School crosswalk sign
3. Walk light
4. Wait hand



Do you take a bus to school? To always ride safely, remember the bus safety rules.

All of the Kinetic Kids know about the DANGER ZONE! It looks like this...



Stay out of the **DANGER ZONE** until the bus driver says it is safe to get on. If you can touch the bus you are **TOO CLOSE!**

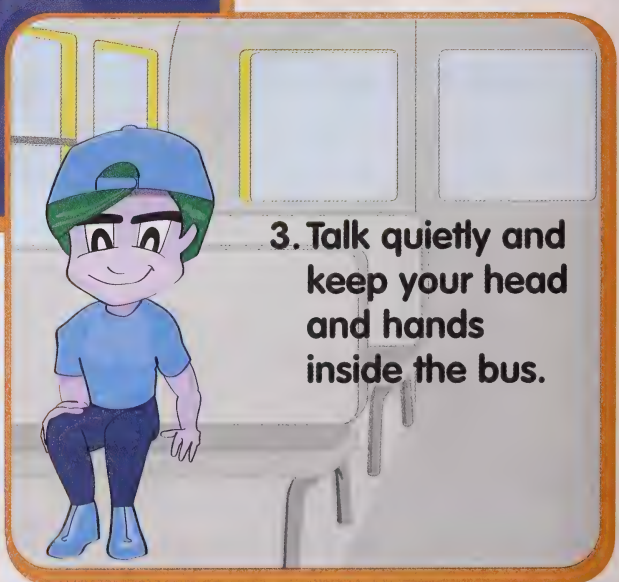
Buster's Brain Bouncers

Can you colour the DANGER ZONE red?

Bumpy's Tips

1. Stand in a group while waiting. Don't push or shove.

2. Use the handrail.



3. Talk quietly and keep your head and hands inside the bus.

Complete this workbook and get your own Kinetic Kids Safety Agent Certificate and Card.

Plus!

Special Kinetic Kids Safety Stickers

...where they will remind you of the rules!

Bumpy

1. Stand
Don't

2. Use the handrail.

Put these stickers where they will remind you of the rules!

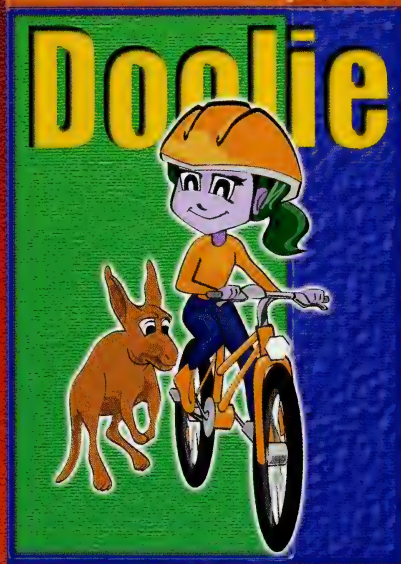
Kids!

Use these stickers for the game on Page 25!

Here's your Kinetic Kids Power Cards

These are the Kinetic Kids: Thrasher, Inline, Doolie, Buster and Pace. There's also a Safety Agent card you will get when you complete this workbook.

Tear them out and keep them with you! They will help you walk, skate and ride around safely!



Traffic Safety Agent
This is to certify that
_____
has completed his/her training and is now an official
Traffic Safety Agent.
Signed: Kip
Kip, Kinetic Kids Safety Agent

Be a Safety Agent! Join Buster and Bumpy!

Here's Buster and Bumpy, ready to remind you how to ride the bus safely. They never monkey around on the bus and they always listen to the driver. Be like Buster and stay out of the danger zone - and when you get off the bus, keep your eyes peeled, like a banana!

saferoads.com

Be a Safety Agent! Join Thrasher and Ollie!

Dude! It's skateboarding pro Thrasher and his safety sidekick Ollie! They're here with some important tips: "Before you head out skateboarding, don't forget to strap your gear on and always POINT, PAUSE and PROCEED at intersections."

saferoads.com

Be a Safety Agent! Join Pace and Lookout!

Hey, it's Pace and her sidekick Lookout! They're here to help you walk safely. Before crossing the street remember to:
POINT across the road to let cars know you want to cross;
PAUSE until all the cars stop and you have made eye contact with the drivers;
PROCEED across the road and keep your arm out!

saferoads.com

Be a Safety Agent! Join Doolie and Pedals!

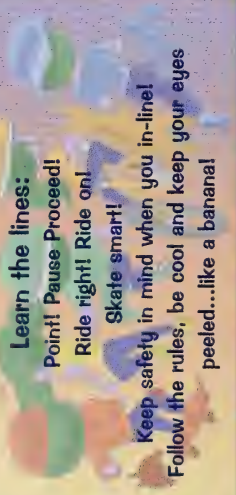
Doolie and her sidekick Pedals will help you learn all about bike safety.

Their #1 rule: always wear your helmet!

Their #2 rule: use your hand signals to let drivers know where you are going.

saferoads.com

As a member of the Kinetic Kids, this cardholder promises to walk, skate and ride around safely!


Learn the lines:
Point! Pause Proceed!
Ride right! Ride on!
Skate smart!
Keep safety in mind when you in-line!
Follow the rules, be cool and keep your eyes peeled...like a banana!

Be a Safety Agent! Join Inline and Skoot!

Check it out! It's Inline and his sidekick Skoot here to help you skate safe! Always wear your helmet and pads when you go out - they are your armour! Remember to POINT, PAUSE and PROCEED at intersections when you need to cross the street.

saferoads.com

Buster's Seek-a-Safety-Word

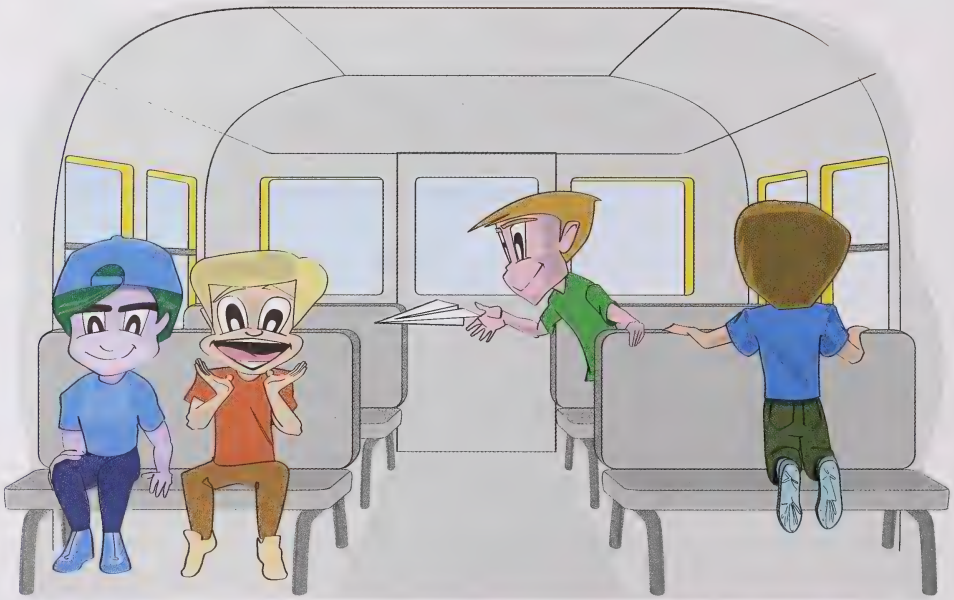
F	O	R	W	A	R	D	B
Y	Z	E	A	R	L	Y	U
W	T	H	R	O	W	T	S
H	P	C	M	E	A	I	N
V	M	O	L	E	J	K	R
G	L	I	S	T	E	N	B

On your bus trip there are some things you must do to keep safe. Find the red safety words hidden in the puzzle above.

1. Get on the **bus** one at a time.
2. Take your **seat** right away and stay seated until it is time to leave the bus.
3. Face **forward** and do not **throw** things inside the bus or out of the window.
4. Always **listen** to the bus driver.
5. Make sure you are wearing **warm** clothes in case you have to wait.
6. Get ready **early** so you are not in a rush.

Always listen to bus drivers - they are in charge. If you forget any of the rules, they can tell you what you need to do to be a safe bus rider...like me!

Name three things these kids are doing wrong!



1. _____

2. _____

3. _____

Be a Safety Agent

Find the Kinetic Kids card that has a picture of Buster and Bumpy.

I ride my bike to school. Do you? Do you ride your bike around your yard or neighbourhood? I do that too!

Fill in the missing letters in the secret word spaces below to find the Secret Words

1. Wear a helmet that fits __roperly. Remember, no h__lmet, no bike.

2. Stop before you ri__e into traffic from a road, drivew__y, alley, parking __ot or __idewalk.

3. Look left, right, behin__, and left again before entering traffic.

4. ALWAYS walk your bike acr__ss the road. Obey all signs and signals.

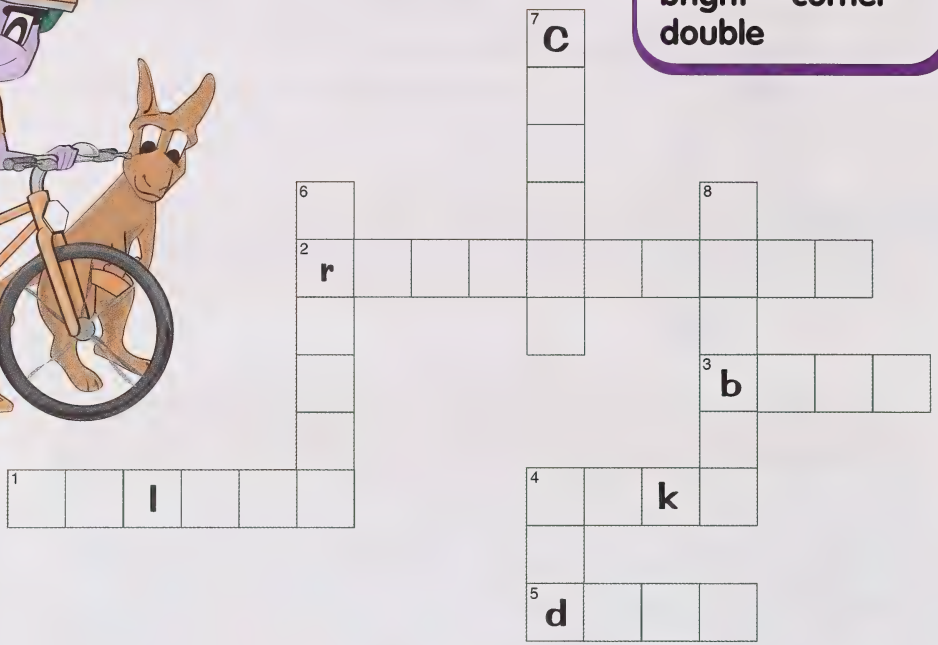
5. Stay on the right hand side of the r__ad and a__ways ride s__ngle file in the same dir__ction as traffic.

The secret words are:
__ __ __ __ __ __ and __ __ __ __ __ __

Fill these important words into this crossword and the sentences below.

Wordbank

helmet
bell
dark
bright
double
reflectors
bike
bad
corner



Be a Safety Agent

Find the Kinetic Kids card that has a picture of Doolie and Pedals.

Across:

1. Never ride without your h _ _ _ _ t on your head.
2. Your bike should have front and rear r _ f _ _ _ _ _ r _.
3. Your bike should have this to make noise. b _ _ _ .
4. Your parent or guardian has to make sure this is the right size and works well. _ _ k _.
5. You should never ride when it is _ _ _ k outside.

Down:

4. Don't ride in b _ _ weather.
6. Help drivers see you. Wear b _ _ g _ _ clothes!
7. Always cross the street at a c _ _ n _ _ or crosswalk.
8. Never d _ u _ _ _ your friends on your bike.

Do The Right & Left Thing!

Always use your hand signals.

Turn Left. Put your left arm straight out.

Turn Right. Put your left arm out and hand up, like you are waving "hi".

Stop. Put your left arm out with your hand down at your side.

Colour Doolie and her bike!

Doolie's Hidden Picture

Can you find the five hidden pictures that remind you about bike safety?

Do you ride a skateboard or use in-line skates?

What rules do you follow when you ride?

Fill in the missing words.

1. Take l _ _ s s _ _ _ on how to skate, stop and fall safely.

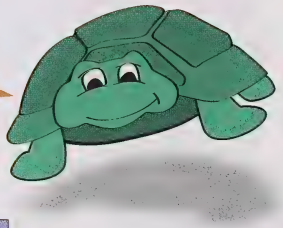
2. Choose _ k _ t _ _ that give your ankles support.

3. Select a s k _ _ _ b _ _ _ d that you can ride safely.

Always wear your armour!

Help Inline find the best times and places to skate!

(Circle the right choice.)

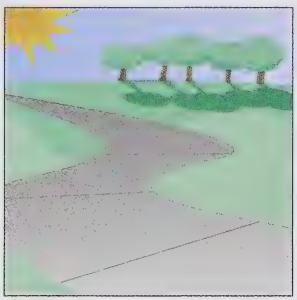


Be a Safety Agent

Find the Kinetic Kids card that has a picture of Inline and Skoot.

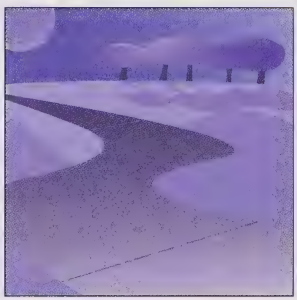
When should Inline Skate?

a)



In the daytime?

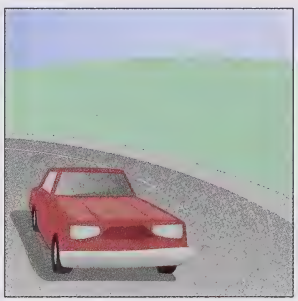
b)



At night?

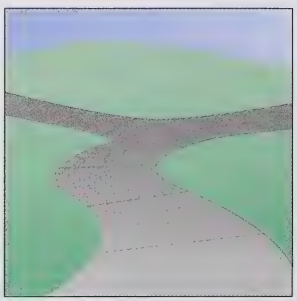
Where should Inline skate?

a)



Close to traffic?

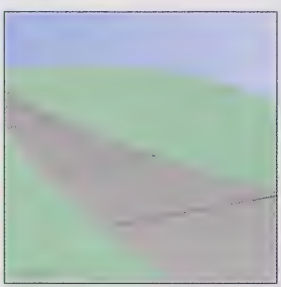
b)



Away from traffic?

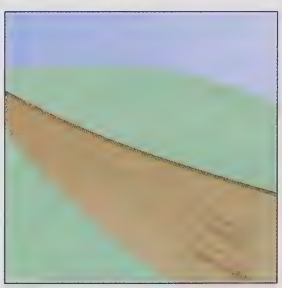
Where would Inline's skates roll the best?

a)



On a smooth sidewalk or path?

b)



On a bumpy road or path?

Tips For Safe Trips!

What should Thrasher do with his skateboard when he wants to cross?

A.

Pick it up and walk with it.

B.

Throw it across the road.

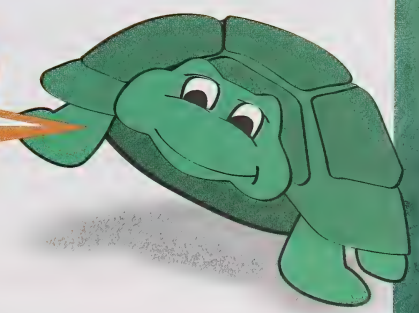
C.

Roll across the road on it.

Remember kids, only cross when you see this light and make sure all the cars have stopped before you cross!

Remember those 3 P's,

Point, Pause, Proceed!



Be a Safety Agent

Find the Kinetic Kids card that has a picture of Thrasher and Ollie.

Draw a picture of the dangers that can make you wipe out.

Watch out for:

water

rocks

branches

I watch for trouble all the time and never skate where I'm not allowed. Including the street!

Stick The Gear Here!

Look at Thrasher and Inline. They have no armour on! Hurry! FIND the page in the middle of the book with safety gear stickers and help these Kinetic Kids get ready to roll!

Page 9

cross cars road

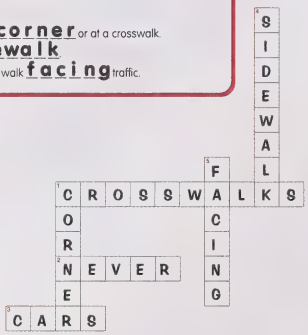
Page 10

Across:

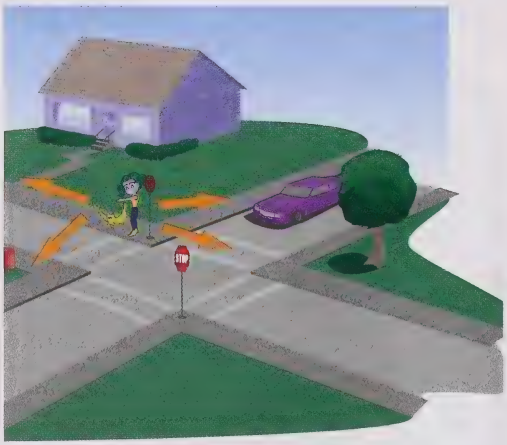
1. Look for traffic safety signs and for **crosswalks**
2. **never** cross in the middle of the road.
3. Watch for **cars** and for people on bikes.

Down:

1. Cross the road at the **corner** or at a crosswalk.
4. Walk on the **sidewalk**
5. If there is no sidewalk, walk **facing** traffic.



Page 11



Page 12

1. Stop sign —— STOP
2. School crosswalk sign —— SCHOOL
3. Walk light
4. Wait hand

Page 15

F	O	R	W	A	R	D	B
Y	Z	E	A	R	L	Y	U
W	T	H	R	O	W	T	S
H	P	C	M	E	A	I	N
V	M	O	L	E	J	K	R
G	L	I	S	T	E	N	B

Page 16

1. Sitting backwards.
2. Throwing things in the bus.
3. Shouting.

The Safety Solutions!

Page 17

Pedals Doolie

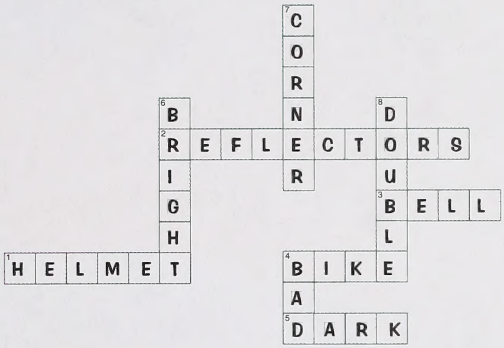
Page 18

Across:

1. Never ride without your **helmet** on your head.
2. Your bike should have front and rear **reflectors**.
3. Your bike should have this to make noise. **bell**.
4. Your parent or guardian has to make sure this is the right size and works well. **bike**.
5. You should never ride when it is **dark** outside.

Down:

4. Don't ride in **bad** weather.
6. Help drivers see you. Wear **bright** clothes!
7. Always cross the street at a **corner** or crosswalk.
8. Never **double** your friends on your bike.



Page 20

Page 21

lessons skates skateboard

Page 22

a b a

Page 23

A

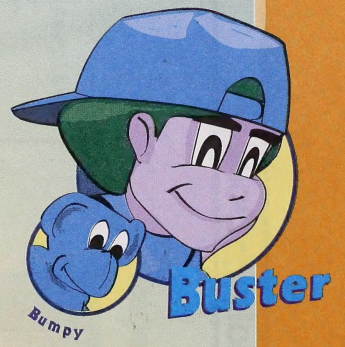
Way To GO!

This is to certify that

_____

has completed the second level of traffic safety training.

Keep up the great work!



Your Picture Here!

Signed_____

Instructor

Signed Kip

Kip, Kinetic Kids Safety Agent

Get out there! Have fun... and walk, skate and ride around safely!

We gratefully acknowledge the support of our sponsor and partners. Their support makes the development and distribution of Child Traffic Safety materials to every child in Alberta possible.

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